

SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #2

<7 Aug 06 - 13 Aug 06>

Monday 7 Aug 06

Breakfast	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hominy grits	70/0/0
Grilled sausage patties	222/19/50
Creamed chipped beef	245/13/23
Cottage fried potatoes	175/6/0
Assorted bagels	242/2/0
French toast	347/17/313
Fresh fruits & pastry bars	

Lunch	<u>kcal/fat/cho</u>
Chicken noodle soup	33/1/0
Roast beef	276/12/112
Brown gravy	47/4/0
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Seasoned asparagus	16/0/0
Glazed carrot	78/2/10

Corn dogs	271/20/51
French fried onion rings	234/20/51
Fresh salad, fruits & dessert bars	

Dinner	<u>kcal/fat/cho</u>
Tomato rice soup	78/1/0
Swiss steak	307/12/86
Herbed baked fish	121/5/63
Brown gravy	76/6/6
Chilled tartar sauce	103/9/7
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Steamed peas & mushroom	57/2/5
Steamed broccoli spears	37/0/0
Fresh salad, fruits & dessert bars	

Tuesday 8 Aug 06

Breakfast	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hot oatmeal	70/0/0
Corned beef hash	226/13/59
Grilled bacon	88/8/13
Hashed browns	165/7/0
Waffles	330/16/64
Pancakes	253/6/53
Fresh fruits & pastry bars	

Lunch	<u>kcal/fat/cho</u>
Chicken rice soup	69/2/1
Oriental pepper steak	295/14/98
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Simmered corn	85/0/0
Seasoned brussels sprouts	51/0/0

Grilled tuna & cheese	470/27/48
French fried potatoes	390/21/0
Fresh salad, fruits & dessert bars	

Dinner	<u>kcal/fat/cho</u>
Cream of mushroom soup	163/11/2
Roast pork	413/31/116
Veal parmesan	414/26/109
Brown gravy	76/6/6
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Seasoned succotash	114/0/0
Steamed mixed vegetables	70/0/0
Fresh salad, fruits & dessert bars	

Wednesday 9 Aug 06

Breakfast	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hot farina	51/0/0
Grilled bacon	88/8/13
Grilled sausage links	290/27/45
Fried rice	211/6/55
Assorted bagels	242/2/0
French toast	347/17/313
Fresh fruits & pastry bars	

Lunch	<u>kcal/fat/cho</u>
Cream of broccoli soup	126/5/16
Hot & spicy chicken	430/11/120
Chicken gravy	47/3/0
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Steamed green beans	34/0/0
Steamed cauliflower	36/0/0

BBQ beef sandwich	366/15/63
French fried potatoes	390/21/0
Fresh salad, fruits & dessert bars	

Dinner	<u>kcal/fat/cho</u>
Mulligatawny soup	96/3/1
Yankee pot roast	413/25/131
Halibut steak	212/13/59
Natural pan gravy	14/1/0
Chilled tartar sauce	103/9/7
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Stewed tomatoes	24/0/0
Seasoned asparagus	16/0/0
Fresh salad, fruits & dessert bars	

Thursday 10 Aug 06

Breakfast	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hominy grits	70/0/0
Creamed ground beef	226/11/50
Grilled bacon	88/8/13
Hashed browns	165/7/0
Waffles	330/16/64
French toast	347/17/313
Fresh fruits & pastry bars	

Lunch	<u>kcal/fat/cho</u>
Beef rice soup	57/1/0
BBQ beef cubes	367/13/81
Brown gravy	73/5/0
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Simmered spinach	23/0/0
Steamed mixed vegetables	70/0/0

Grilled ham & cheese	344/18/237
French fried onion rings	274/10/1
Fresh salad, fruits & dessert bars	

Dinner	<u>kcal/fat/cho</u>
Beef noodle soup	95/4/6
Cajun fish	163/6/72
Fried chicken	496/27/144
Chicken gravy	47/3/0
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Steamed blackeye peas	139/1/0
Southern style mustard green	54/3/11
Fresh salad, fruits & dessert bars	

* The Food Service Officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit timely use of perishable foods.

SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #2
<7 Aug 06 - 13 Aug 06>

Friday 11 Aug 06

<u>Breakfast</u>	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hot oatmeal	70/0/0
Corned beef hash	208/13/58
Grilled sausage links	290/27/45
Cottage fried potatoes	175/6/0
Assorted bagels	242/2/0
Pancakes	253/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>kcal/fat/cho</u>
Tomato soup	56/1/0
Beef stroganoff	353/21/121
Steamed rice	161/0/0
Boiled egg noodles	208/1/0
Simmered corn	85/0/0
Steamed broccoli spears	37/0/0

Chili dogs	321/19/41
French fried potatoes	390/21/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>kcal/fat/cho</u>
Chicken noodle soup	33/1/0
Mustard-dill baked fish	168/6/72
Jaegerschnitzel	408/26/99
Mushroom gravy	76/6/6
Chilled tartar sauce	103/9/7
Rice pilaf	201/4/4
Mashed potatoes	95/2/5
Steamed green beans	70/0/0
Seasoned succotash	114/0/0
Fresh salad, fruits & dessert bars	

Saturday 12 Aug 06

<u>Breakfast</u>	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hot farina	51/0/0
Minced beef	325/19/80
Grilled bacon	88/8/13
Hashed browns	165/7/0
Pancakes	253/6/53
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>kcal/fat/cho</u>
Hot farina	51/0/0
Eggs to order	1egg-90/7/213
Corn chowder	168/5/14
Chicken nuggets	521/39/57
Tasted BLT sandwich	392/14/111
BBQ sauce	56/0/0
French fried onion rings	274/10/1
Steamed mixed vegetables	70/0/0
Steamed asparagus	23/0/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>kcal/fat/cho</u>
French onion soup	163/11/9
Lemon baked fish	154/5/72
Chuck wagon stew	416/12/70
Brown gravy	76/6/6
Mashed potatoes	95/2/5
Steamed rice	161/0/0
Simmered spinach	34/0/0
Steamed cauliflower	30/0/0
Fresh salad, fruits & dessert bars	

Sunday 13 Aug 06

<u>Breakfast</u>	<u>kcal/fat/cho</u>
Regular breakfast plus:	
Hominy grits	70/0/0
Grilled bacon	88/8/13
Creamed chipped beef	245/13/23
Cottage fried potatoes	175/6/0
Pancakes	253/6/53
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>kcal/fat/cho</u>
Hominy grits	70/0/0
Eggs to order	1egg-90/7/213
Cream of potato soup	121/0/3
Grilled cheeseburgers	399/23/89
Baked fish portion	172/5/36
French fried potatoes	390/21/0
Baked beans	153/1/1
Steamed broccoli spears	37/0/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>kcal/fat/cho</u>
Chicken rice soup	57/1/0
Beef sauerbraten	467/27/114
Breaded chicken patties	611/46/73
Brown gravy	76/6/6
Steamed rice	161/0/0
Mashed potatoes	95/2/5
Steamed green beans	35/2/0
Southern style mustard green	54/3/11
Fresh salad, fruits & dessert bars	

SASEBO DELUXE BREAKFAST

Chilled fresh fruits, fresh juice selection, individual ready-to-eat cereal, fresh white milk, low-fat & chocolate milk, coffee, cappuccino & tea, assorted doughnuts, jam & jelly, white, wheat & rye bread, butter, margarine, hot griddle cake, syrup & honey, low-fat yogurt.

EGGS TO ORDER

Grilled sunny side up, over easy, over hard/yolk broken, scrambled, hard boiled, plain or ham & cheese omelet, assorted(low cal)/vegetable omelet.

SASEBO SALAD BAR

Carrot, celery & cucumber sticks, pepper rings, tomato wedges, cherry wedges, fresh cauliflower, broccoli, bean sprout, shredded cabbage, cucumber slices, mushroom slices, red radish, spinach leaves, chopped onions, mixed pickles, dill pickles, jalapeno peppers, olives, chopped ham, chopped eggs, cheddar cheese cubes, shredded cheese, cottage cheese, raisins, sesame seeds, assorted croutons, assorted yogurts.

SASEBO FRUIT BAR

Apple, banana, grapes, kiwi, musk melon, pear, pineapple, orange, strawberry, watermelon.

MEAL HOURS

	Breakfast	Lunch	Dinner
Weekday	0600-0730	1030-1230	1630-1800
Weekend & Holiday	0700-0900	1030- 1230	1630-1800

* The Food Service Officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit timely use of perishable foods.

